

PERSONALIZED FOOD PLAN

PROCESSING BY

45t6yufi

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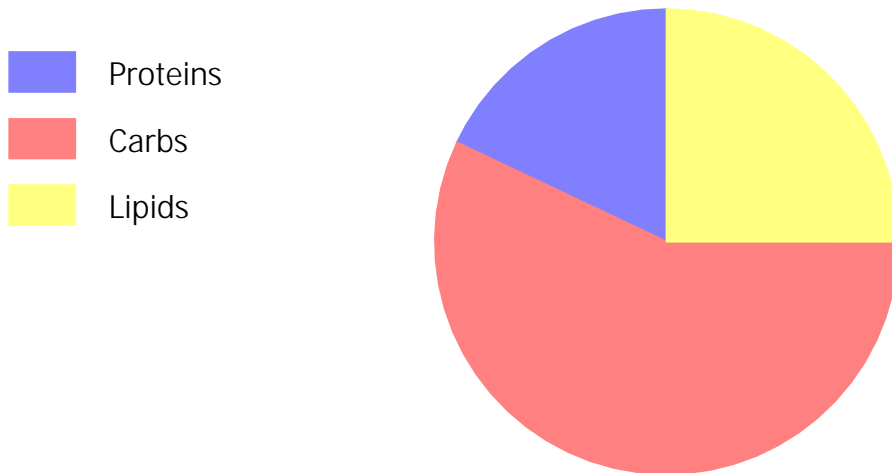
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PERSONALIZED FOOD PLAN

Processed at: **45t6yufI**

Date of the processing:09/10/2009	Personal data
<p>Anderson Susan</p> <p>Diet code:NDRSSNIJ09001</p>	Sex: Female
	Age (years): 19
	Height (cm): 176
	Weight (kg): 80
	Basal metabolism (kcal): 1672
	BEE Harris-Benedict (kcal): 1667
	BMI (Body Mass Index): 25,83
	Desirable weight (kg): 65

GRAPH REPRESENTATION OF THE ENERGY SUPPLIES



ENERGY SUPPLIES

	Grams	kcal	%
Proteins	76	304	17,99
Carbs	247	963	57,01
Lipids	47	422	25,00
Total kcal		1689	100,00

INTRODUCTION TO THE NUTRIFASI FOOD PLAN

The food plan is made up of different parts and it has been organized in such a way that it can be personalized according to your preferences.

You will find a part dedicated to MINOR MEALS with some tables displaying the recommended foods and alternative ones with the respective quantities.

The part entitled MAIN MEALS furnishes a weekly summarized plan regarding the assigning frequency of the various food categories and a part dedicated to the individual days, divided in lunch and dinner, with the food tables from which you should choose the foods to eat.

From each table you must choose a single food from the ones indicated, alternating their consumption in order to guarantee the diet has a good variety.

The Nutrifasi food plan is composed of a second part called EDUCATIONAL, which provides all the necessary indications concerning the choice, the preparation, the preservation and the cooking of the foods and precious information regarding dietetics.

GENERAL RULES

Some behaviours that must be avoided, with the aim of not jeopardizing the scientific assumptions of the diet, are indicated below:

- reducing or increasing the quantities of any food included in the diet;
- skipping meals;
- inverting the diet days.

PERSONALIZING THE MEALS

You are allowed to combine in a single dish, two or more courses of one meal, when the foods which it is composed of consent it and according to one's personal tastes, making sure that the indicated quantities are not altered. For example, you can use all or part of the vegetable dish and/or of the main course assigned for flavouring the first course, or all or part of the fruit to enrich a vegetable dish or a main course.

IN THE SPACE OF A DAY

The foods under this title can be distributed at any moment of the day, during the meals or between meals; remember, however, that these foods are not optional and must be eaten in addition to those previously assigned on the same diet day.

WEIGHTS AND MEASURES

Weigh the foods before cooking and, if the foods are frozen, after they have been thawed; bear in mind, moreover, that the weight refers exclusively to the edible part. (example: meat should be weighed without the bone, fruit without the peel and, when present, the seeds, and fish after having discarded the inedible parts such as the head, fishbone, etc.). Those who live with a family can reduce cooking times by using a pan with two compartments, which allows them to cook quantities of different foods at the same time.

Kitchen scales

Before beginning a diet and then periodically, check the precision of the scales with which you weigh your food; to do this carry out several tests using products of which you know the exact weight and which are easily found in the kitchen, from the smallest (ex. biscuits, rusks etc.) to the largest (ex. a carton of cream cheese, the contents of a pack of pasta, a Kg of sugar, etc.).

Approximations

Any kind of approximation can notably increase the time needed for attaining the therapeutic goal.

Sticking correctly to an eating plan means precisely following the dietetic instructions and accurately weighing all the food expressed in grams.

You should never be under the presumption of "feeling an expert" to the extent that you can measure the foods "at a glance" when this isn't required, because such behaviour would have a negative influence on achieving the results.

When other people weigh the food

In the case in which other people are responsible for weighing or cooking the food, you must make sure that they don't make the following mistakes:

- 1) measure the amounts of food "at a glance"
- 2) increase the quantities of the assigned foods.

It could happen, in fact that such people, ignorant of the basic diet rules, increase the food quantities believing that they are able to establish the correct times for achieving results, tampering with the eating plan and jeopardizing the scientific assumptions and the results.

Breakfast

Cornflakes	g	80
Cereal biscuits	g	70
Oat flakes	g	80
Plain biscuits	g	70
Rusks	g	70
Rusks with barley malt	g	80
Rusks with cereals	g	80
Wholemeal biscuits	g	70
Wholemeal cornflakes	g	90
Wholemeal rusks	g	80
Wholemeal wheat cakes		n° 5
Partially skimmed cow's milk	g	120
Skimmed milk coffee yoghurt		1 jar
Sugar	2 teaspoons	
Honey		2 teaspoons
Decaffeinated coffee	1 coffee-cup	
Italian coffee		1 coffee-cup

Mid-morning snack

Tea	1 cup
Detheinated tea	1 cup
Honey	1 teaspoon
Sugar	1 teaspoon

Afternoon snack

Sweet cereal snacks (ex. cereal sponge)	n° 1
Muffin	n° 1
Plum cake	g 30
Sweet snacks (ex. jam sponge)	n° 1

MAIN MEALS

WEEKLY FOOD PLAN

L U N C H	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	First courses	First courses	First courses	First courses	First courses	First courses	First courses
	-	-	-	-	-	-	-
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

D I N N E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	-	-	-	-	-	-	-
	Fresh meat	Fresh fish	Fresh meat	Fresh meat	Fresh fish	Fresh meat	Fresh meat
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	

This weekly food plan will show you how the main meals should be organized; in a simple and intuitive manner you shall have the exact knowledge of your food plan, without, however, having any obligations regarding the daily choice of the foods.

In the following pages you will find, for each day, the tables relevant to the food categories assigned, which you must consult to choose the foods that will make up your main meals.

Take one food only from each category, remembering, however, to alternate their consumption with the aim of making sure that the diet has a good variety.

DAILY FOOD PLANS

FOOD PLAN MONDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN MONDAY - DINNER

FRESH MEAT

Beef hamburger	g	140
Chicken breast	g	230
Chicken leg	g	180
Cow's liver	g	160
Horse meat	g	160
Lamb	g	190
Lean beef	g	200
Lean pork	g	180
Lean veal	g	220
Ostrich	g	260
Pork steak	g	150
Rabbit	g	190
Turkey breast	g	220
Turkey leg	g	200

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

DURING THE SPACE OF THE DAY

Wholemeal bread	g	70
White bread	g	60

Olive oil	6 teaspoons and ½
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FOOD PLAN TUESDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN TUESDAY - DINNER

FRESH FISH

Bass	g	170
Clams	g	200
Cod	g	280
Cuttlefish	g	280
Dentex	g	200
Gilthead bream	g	190
Octopus	g	300
Plaice	g	260
Prawns	g	230
Smooth dogfish	g	250
Sole	g	240
Squid	g	290

DURING THE SPACE OF THE DAY

Wholemeal bread	g	60
White bread	g	50

Olive oil	8 teaspoons
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VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN WEDNESDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN WEDNESDAY - DINNER

FRESH MEAT

Beef hamburger	g	140
Chicken breast	g	230
Chicken leg	g	180
Cow's liver	g	160
Horse meat	g	160
Lamb	g	190
Lean beef	g	200
Lean pork	g	180
Lean veal	g	220
Ostrich	g	260
Pork steak	g	150
Rabbit	g	190
Turkey breast	g	220
Turkey leg	g	200

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

DURING THE SPACE OF THE DAY

Wholemeal bread	g	70
White bread	g	60

Olive oil	6 teaspoons and ½
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FOOD PLAN THURSDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN THURSDAY - DINNER

FRESH MEAT

Beef hamburger	g	140
Chicken breast	g	230
Chicken leg	g	180
Cow's liver	g	160
Horse meat	g	160
Lamb	g	190
Lean beef	g	200
Lean pork	g	180
Lean veal	g	220
Ostrich	g	260
Pork steak	g	150
Rabbit	g	190
Turkey breast	g	220
Turkey leg	g	200

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

DURING THE SPACE OF THE DAY

Wholemeal bread	g	70
White bread	g	60

Olive oil	6 teaspoons and ½
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FOOD PLAN FRIDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN FRIDAY - DINNER

FRESH FISH

Bass	g	170
Clams	g	200
Cod	g	280
Cuttlefish	g	280
Dentex	g	200
Gilthead bream	g	190
Octopus	g	300
Plaice	g	260
Prawns	g	230
Smooth dogfish	g	250
Sole	g	240
Squid	g	290

DURING THE SPACE OF THE DAY

Wholemeal bread	g	60
White bread	g	50

Olive oil	8 teaspoons
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VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN SATURDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN SATURDAY - DINNER

FRESH MEAT

Beef hamburger	g	140
Chicken breast	g	230
Chicken leg	g	180
Cow's liver	g	160
Horse meat	g	160
Lamb	g	190
Lean beef	g	200
Lean pork	g	180
Lean veal	g	220
Ostrich	g	260
Pork steak	g	150
Rabbit	g	190
Turkey breast	g	220
Turkey leg	g	200

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

DURING THE SPACE OF THE DAY

Wholemeal bread	g	70
White bread	g	60

Olive oil	6 teaspoons and ½
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FOOD PLAN SUNDAY - LUNCH

FIRST COURSES

Rice	g	60
Small pasta	g	60
Superfine pasta	g	60

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

FOOD PLAN SUNDAY - DINNER

FRESH MEAT

Beef hamburger	g	140
Chicken breast	g	230
Chicken leg	g	180
Cow's liver	g	160
Horse meat	g	160
Lamb	g	190
Lean beef	g	200
Lean pork	g	180
Lean veal	g	220
Ostrich	g	260
Pork steak	g	150
Rabbit	g	190
Turkey breast	g	220
Turkey leg	g	200

VEGETABLES

Artichokes	g	200
Asparagus	g	200
Aubergines	g	200
Broccoli head	g	200
Brussels sprouts	g	200
Cabbage	g	200
Carrots	g	150
Cauliflower	g	200
Celery	g	100
Chard	g	200
Chicory	g	200
Courgettes	g	250
Cucumber	g	150
Endive	g	100
Fennel	g	200
Green beans	g	200
Green radicchio	g	100
Lettuce	g	100
Mixed salad	g	200
Mushrooms	g	200
Peppers	g	150
Pumpkin	g	250
Radishes	g	150
Rocket	g	100
Spinach	g	200
Tomatoes	g	250
Turnips	g	200

FRESH FRUIT

Apples	g	150
Apricots	g	280
Bananas	g	150
Cherries	g	240
Clementines	g	150
Grapefruit	g	240
Grapes	g	140
Kaki	g	150
Kiwi	g	180
Mandarin oranges	g	100
Melon	g	250
Oranges	g	280
Peaches	g	280
Pears	g	250
Pineapple	g	210
Plums	g	250
Strawberries	g	280
Watermelon	g	400
Winter melon	g	300

DURING THE SPACE OF THE DAY

Wholemeal bread	g	70
White bread	g	60

Olive oil	6 teaspoons and ½
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Unit of measurement

The table below will be useful to you for acquiring familiarity regarding the quantification of certain foods; the foods are listed in the left hand column and the alternative units of measurement used with the relevant quantities are listed in the right hand column.

Food	Unit of measurement
Decaffeinated coffee	A medium cup of Decaffeinated coffee is equivalent to about g 50.
Detheinated tea	A medium cup of Detheinated tea is equivalent to about g 200.
Honey	Consider that a medium size coffee spoon contains about g 8 of Honey.
Italian coffee	A medium cup of Italian coffee is equivalent to about g 50.
Muffin	Consider that a Muffin weight about g. 42.
Olive oil	Use a medium size teaspoon that contains about g 4.
Skimmed milk coffee yoghurt	Consider that a jar of Skimmed milk coffee yoghurt contains about g 125.
Sugar	Consider that a medium size coffee spoon contains about g 5 of Sugar.
Sweet cereal snacks (ex. cereal sponge)	Consider that a Sweet cereal snacks (ex. cereal sponge) weight about g. 30.
Sweet snacks (ex. jam sponge)	Consider that a Sweet snacks (ex. jam sponge) weight about g. 28.
Tea	A medium cup of Tea is equivalent to about g 200.
Wholemeal wheat cakes	We refer to Wholemeal wheat cakes of medium size, each of which weighs about g 18.

Educational

EXTRA MEALS

Following the diet does not imply completely renouncing the odd pleasures of the table that may present themselves at home or in a restaurant.

Good sense and the ability of self-control are necessary in order to modulate both the size as well as the frequency of such "extra" meals and avoid that they influence one's physical condition.

The high degree of personalization of the diet, moreover, is a guarantee against possible weight fluctuations caused by occasional transgressions.

The extra meal occasions can occur in different places (meat restaurants, fish restaurants, Chinese restaurants, vegetarian cuisine, motorway restaurants, Fast Food...), what is important is the level of self-control with which they must be faced. Below you will find some useful indications and, in some cases, also a description of the 3 levels of self-control that correspond respectively, the first to the minimum level, the second to the medium level and the third to the maximum level of self-adjustment.

Traditional cuisine based on meat

1° LEVEL	The minimum level of self-control consists in avoiding any kind of alcoholic drink and dessert.
2° LEVEL	The medium level of self-control consists in avoiding alcoholic drinks and the dessert; it envisages that a first course of a moderate quantity of pasta or rice may be eaten flavoured with a tomato or a vegetable sauce, avoiding therefore butter, cream, margarine...; it consists in choosing the least elaborate dishes, avoiding fried foods (meat or vegetables) and especially foods rich with condiments; lastly it envisages eating vegetables, fruit and bread.
3° LEVEL	The maximum level of self-control consists in eating a possible light starter, a main course of meat, vegetables, bread and fruit, avoiding alcoholic drinks and desserts. When choosing the dish opt for light dishes, like the ones assigned in the diet, giving preference to grilled or roast foods and avoiding dishes where the condiment is not controlled. If possible, give preference to those dishes where you can add the raw condiment in the quantity desired.

Traditional cuisine based on fish

1° LEVEL	The minimum level of self-control consists in avoiding any kind of alcoholic drink and the desert.
2° LEVEL	The medium level of self-control consists in avoiding alcoholic drinks and the dessert; it consists in choosing light starters, selecting those that have the least condiments and no mayonnaise or other sauces, a main course, vegetables, bread and fruit. For the choice of the dishes you should follow the example of the foods assigned in the diet, giving preference to the ones cooked in the oven, grilled or boiled and avoiding however fried food.
3° LEVEL	The maximum level of self-control consists in choosing a main course of roast or boiled lean fish, accompanied by vegetables, fruit and bread, avoiding alcoholic drinks and dessert. If possible, give preference to dishes based on the foods assigned in the diet and choose those to which you can add raw condiment in the desired quantity.

Chinese food

You will find the most suitable dishes recommended, chosen by means of an accurate research, based on the 3 levels of self-adjustment, in order to allow you to manage in the best possible way the meal eaten in the restaurants that offer this type of cuisine.

1° LEVEL	<p>This consists of the choice of a starter, a first course, a main course and a fruit salad, avoiding alcoholic beverages, typical Chinese bread and the dessert.</p> <p>Choose the various dishes according to the foods assigned in the diet and avoiding a generous use of condiments.</p> <p>The first courses that are considered the lightest are: steamed ravioli, shark soup, chicken soup with sweet corn, soy spaghetti or rice with vegetables.</p> <p>The main courses that are considered the lightest are: grilled prawns, boiled fish with leeks, steamed fish, squid with celery, grilled seafood, steamed chicken with leeks, chicken with mixed vegetables, chicken with lemon, grilled beef, veal with soybean shoots, beef with lemon, pork with leeks, pork with mixed vegetables.</p>
2° LEVEL	<p>This consists of the choice of a starter, a main course and a fruit salad, avoiding alcoholic drinks, the typical Chinese bread and the dessert.</p> <p>Choose a main course, referring always to the foods assigned in the diet, from the grilled prawns, the boiled fish with leeks, the steamed fish, the squid with celery, the grilled seafood, the steamed chicken with leeks, the chicken with mixed vegetables, the chicken with lemon, the grilled beef, the veal with soybean shoots, the beef with lemon, the pork with leeks, the pork with mixed vegetables.</p>
3° LEVEL	<p>The maximum level of self-control consists in choosing a main course of lean meat or lean fish, accompanied by vegetables and fruit salad avoiding alcoholic drinks, the typical Chinese bread and the dessert.</p> <p>If possible, prefer the dishes given as example in the diet.</p>

Vegetarian Cuisine

Vegetarian cuisine, that utilizes foods originating from vegetables and deriving from soya and sometimes from the animal world (eggs and cheese) is different to the “vegan” cuisine, which is a more extreme form of vegetarianism in that it uses foods deriving from vegetables only.

On the occasion of an “extra” meal eaten in a vegetarian restaurant, we recommend avoiding alcoholic drinks, desserts and dishes where egg and cheese, protein foods of different origins are mixed.

In either case give preference to foods cooked in the oven, grilled or boiled, avoiding fried foods and high fat condiments such as cream; always finish off the meal with fruit and never with a dessert.

In the pizzeria

In the case of a pizza meal, we have grouped together the possible condiments into three categories, in order to help you with your choice:

Pizza with a plain condiment	Pizza with a vegetable condiment (not preserved in oil) or fish	Pizza with preserved meat or preserved fish or mature cheese or egg
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For the choice of pizza refer to the foods assigned in the diet, taking into consideration certain indications:

- the pizzas recommended are the ones belonging to the first and second groups;
- avoid pizzas with protein ingredients of different origin;
- accompany the pizza with a drink, preferably still mineral water and avoid the dessert.

Motorway restaurant

Some motorway restaurants are proper restaurants where you can find dishes that are typical of the traditional meat and fish cuisine, as well as other foods from vegetarian dishes to pizza, therefore they are subject to the indications found in the other paragraphs.

In general, considering that the meals eaten in these places are quite frugal, we offer some advice in order to guide you in making the most suitable choices. In the following table you will find the various possibilities:

ROLL	Choose a bread roll prepared with a single protein food and vegetables, opting for the foods assigned in the diet; prefer still mineral water to other drinks and finish the meal with fruit avoiding the dessert.
LARGE SALAD	Choose a large salad with a single protein food, opting for the foods assigned in the diet; add bread and fruit, avoiding alcoholic drinks and other drinks other than still mineral water and also avoiding the dessert.
OTHER	Choose a main course of lean meat or lean fish with vegetables, giving preference to roasted, grilled or boiled foods and if possible ones where you can add the raw condiment in the quantity desired; accompany the meal with a little bread, still mineral water and fruit.

Fast Food

In these types of "fast-food" restaurants there is usually a wide possibility of choice and in this case it is possible to eat an "extra" meal while remaining within the limits of a correct alimentation, following certain indications; in the table below we suggest various possibilities:

ROLL	Choose a bread roll prepared with a single protein food, without any added sauces; prefer natural mineral water to any other kind of drink, avoid fried foods and dessert and finish the meal with a fruit salad.
LARGE SALAD	Choose a large salad prepared with a single protein food; prefer natural mineral water to any other kind of drink and finish the meal with a fruit salad.

Convivial entertainment, parties, anniversaries...

These are occasions where family and friends gather usually in the afternoon or in the evening hours and where there is an offering of savouries, canapés, crisps, small pizzas, sandwiches, soft drinks and sweetmeats. These parties/receptions are the most difficult situations to handle and possibly also to recuperate.

Therefore in these cases, first eat the meal assigned in your diet so that you won't feel hungry and won't be tempted to eat the first thing that you are offered.

When this isn't possible, choose foods according to the model of your diet, avoiding savouries, crisps and sweetmeats and preferring water to other drinks.

During these occasions we suggest that you try to find yourself some good company so that the conversation will help to take your mind off the food.

FIRST COURSES

The table below shows the classifications of the various types of first courses with a brief description next to them:

DRY PASTA	This includes different kinds and shapes that have a long shelf life and usually the "best before" date is indicated on the packet; we suggest eating it "al dente" when it is firm as this favours the digestibility.
FRESH PASTA	There are several types of this pasta that differ according to the preparation, the ingredients, the shape and the possible filling; it can be kept in the refrigerator for a maximum of 2 days and if you wish to preserve it for a longer period you must dry it completely or freeze it. In the case where the product is pre-packed, pay attention to the "best before" date indicated on the packet.
FLAVOURED PASTA	We refer to packed pasta that has had a vegetable or spices added to its dough; it can be fresh or dry and of various shapes.
RICE	There are four main categories "common", "semi-fine", "fine" and "superfine" to which we can add other subspecies with slightly different grain shapes. In some shops it can be sold loose, but mainly it is sold in sealed packets that give the indications of the group, the variety, the cooking time and the "best before" date. Rice should be eaten "al dente" when it is firm, as this improves its digestibility.
CEREALS	Barley, spelt and millet, are included in this food category characterized by a good calorie content and a high nutritional value. They are used for preparing hot dishes or cold salads. The cereals can be stored in a cool, dry place for a long time, which is generally indicated on the packets in which they are bought.

Assume the quantity indicated previously and refer to the categories mentioned in the table below for the sauce, bearing always in mind the foods assigned in the diet. Consider a quantity that will satisfy your taste and add part of the condiment assigned for the day, during the cooking or at the end of the preparation.

Bear also in mind, that from a nutritional point of view it is incorrect to associate protein foods of different origin (ex.: fish with cheese, meat with fish...).

VEGETABLES and vegetable based sauces	FISH	CHEESE	HERBS AND SPICES
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Soups and minestrone

These are first courses in broth that can be eaten at least once a week with the aim of making the diet as variable as possible. The minestrone should be prepared choosing the vegetables from the ones assigned, avoiding pulses and potatoes and adding the indicated quantities of pasta or rice; if you have abdominal tension or if you prefer, you can purée the vegetables. During the preparation you can use the herbs and spices of your choice and part of the assigned condiment.

Avoid using meat broth and stock cubes.

FRESH MEAT

Meat represents an essential food in a healthy, well-balanced diet, it is a source of noble proteins, vitamins and minerals. At the moment of purchase, check that it has a fresh pleasant smell and that the flesh is elastic.

Classification of the meats

BEEF

Beef is classified as follows:

- The beef of the bovine animal that has exceeded 4 and a half years of age;
- The beef of the bovine male or female between 3-4 years old;
- The beef of a 6-8 year old bovine female;
- Veal, which is the meat of a calf that is less than 12 months old;
- The beef of a bovine animal between 12 and 18 months old.

The most expensive cuts of beef are constituted of only muscle with little fat and connecting tissue, while the cheaper cuts have also tendons, ligaments, cartilage and bone.

PORK

Pork:

The quality of the meat varies according to the cuts, the most expensive and leanest ones are the loin, the leg, the tenderloin and the chine; the neck, cheek, bacon, spare-ribs and the shoulder, on the other hand, are the fattiest cuts.

MUTTON, LAMB AND GOAT MEAT

These are classified in the following types:

- Spring lamb, a 25-30 day old lamb that has been fed only on its mother's milk;
- Lamb, an animal that does not exceed one year in age;
- Lamb, an animal that is 100 –120 days old;
- Kid, a male goat of about 2 months old;
- Mutton, the meat of an adult sheep

The leanest meat is that of the kid while the spring lamb and the mutton are the fattiest.

FOWLS

These are classified in the following types:

- Duck, the type found in the shops is about 3 months of age;
- Capon, a castrated chicken of about 7 months old;
- Guinea-fowl, a 6-8 month old hen;
- Hen, this is the egg laying animal at the end of its reproductive cycle;
- Goose, the type found in the shops is about 70 days old;
- Chicken, the battery bred type is about 3 months old, the free-range one about 10 months old.;
- Turkey, the type found in the shops is about 8 months old.

The meats of this category are very lean, if their skin has been removed.

RABBIT MEAT

RABBIT:

this is a lean meat that needs to be hung for a period of about 3 days in a cool but not damp part of the refrigerator.

HORSE MEAT

Horse meat:

this is a type of meat that is not eaten very much, however, it is of excellent quality because it is very lean, rich in iron and it is characterized by a particular slightly sweetish flavour.

OSTRICH MEAT

Ostrich meat:

this is a very tender, lean meat that is rich with nutrients and requires very short cooking times; the small cuts, fillets and steaks should be taken out of the refrigerator 15 minutes before cooking while the larger cuts about 1 hour before.

GAME

Buffalo, boar, pheasant, pigeon and other animals are included in this category; they are meats with a very strong flavour that need to be hung for a period that varies according to the type of animal and the hanging must take place in a cool, ventilated environment.

ENTRAILS

These include the liver, kidneys, tongue, heart, sweetbreads, brain, tripe, head, tail and trotters of the slaughtered animal. They are meats rich in nutrients but they are characterized by a high content of cholesterol.

Quality/price ratio

The various cuts of meat, although having the same nutritional value, differ in quality and price as well as influencing the taste and the tenderness of the meat and also the type of cooking to be carried out.

Three categories stand out for the four-footed animals: the first cuts, the most tender, are those of the hind part of the animal, that is the part which is less stimulated; the second cuts are those of the front part of the animal, the part where the muscles are used more; the third cuts are those of the neck, abdomen and the ends of the limbs.

Tenderness and digestibility

The factors that influence the tenderness of the meat are the age of the animal, in that all animals slaughtered at a young age have tender meat, and the cut, as the parts of the body that are least subject to muscular force produce more tender meat.

Hanging is a procedure that precedes the sale and the consuming of the meat and is carried out to improve its tenderness; it consists of a preservation period at a refrigeration temperature, the duration varying according to the type of animal in question.

The digestibility of the meat depends instead on the greater or lesser content of fat, therefore the meat of chicken, turkey and rabbit is certainly the best in this sense.

Preservation

The meat must be preserved in the refrigerator or in a freezer, always wrapped in the appropriate paper in order to keep the surface cool and dry.

Whole cuts of beef, chicken and turkey can be preserved in the refrigerator for 6-7 days, while steaks, minute steaks, chopped steak and rabbit can be preserved in the refrigerator for a maximum of 3-4 days.

Beef can also be preserved in the freezer for a period of more than a year; pork, horse meat, chicken and all small portions (steaks, minute steaks etc.) can remain in the freezer for a period of no longer than a few months.

Cooking

The most tender cuts and types of meat are suitable for grilling, roasting on a spit, cooking in the oven or in a frying pan. Stewing or boiling is recommended for tougher meat which, in order to save cooking time is best chopped into small pieces.

During the preparation you can use the herbs and spices of your choice and part of the assigned condiment that as an alternative can be added raw once the meat is cooked.

FRESH FISH

Fish, like meat, is an excellent source of noble proteins but it has a higher quality fat content (polyunsaturated fatty acids) that provides cardiovascular protection.

The term "fish" is often used inappropriately in the field of alimentation to indicate everything that derives from the aquatic world; in reality fish refers to aquatic vertebrates equipped with gills and fins.

The table below indicates the main types divided into the three categories of Crustaceans, Molluscs and Fish:

CRUSTACEANS

Lobster and Shrimps belong to this group.

These foods, which although having a reduced fat content, have a high proportion of cholesterol. They are available in the shops both fresh as well as frozen.

A sign of the product's quality, apart from the smell, is the colour, in fact it shouldn't have any blackish marks. In the case of the frozen product, you should check on the packet whether the label states a possible use of sulphites.

MOLLUSCS

This group includes mussels, squid, oysters, octopus, cuttlefish and clams.

These have a reduced amount of fat but some of them have a notable cholesterol content (mussels, oysters, octopus).

They are found in the shops both fresh, according to the period, as well as frozen.

Signs of the product's quality are, as always, the smell and the lack of grey or violate coloured parts.

FISH

This group includes: Anchovies, Eel, Monkfish, Dentex, Pike, Cod, Gilthead bream, Smooth hound, Perch, Swordfish, Plaice, Turbot, Salmon, Sardines, Mackerel, Sole, Bass, Tuna, Mullet and Trout.

They are classified, from a nutritional point of view, according to the fat content in:

LEAN (with a fat content of less than 3%): Dentex, Pike, Cod, Gilthead bream, Smooth hound, Perch, Plaice, Turbot, Monkfish, Sole, Bass, Trout.

SEMI-LEAN (with a fat content of about 8-9%): Anchovies, Swordfish, Sardines, Tuna, Mullet.

FATTY (with a fat content exceeding 9%): Eel, Salmon, Mackerel.

In order to recognize the quality of the fish, both fresh as well as frozen, refer to the smell, the aspect and the consistency: the smell should be delicate and not unpleasant, the eye turgid and the flesh firm. Frozen fish has the same nutritional characteristics as fresh fish and is safe from an hygienic point of view, therefore have no qualms about purchasing and eating it.

Preservation, preparation and cooking

The fresh product is easily perishable and for this reason it should be cleaned straight away and eaten within two days of purchase, or otherwise frozen. The large size fish should be cut up into steaks or fillets in order to avoid it breaking up during cooking.

Grilling or roasting favours the discharging of fat and therefore is preferable for the fish in the fatty category; all the other types, including crustaceans and molluscs can be cooked also by steaming, stewing or boiling, you can use the herbs and spices of your choice and add part of the assigned condiment during or at the end of the preparation.

VEGETABLES

By the word "Vegetables" we intend all cultivated vegetables that are grown in a vegetable garden used in common alimentation, mainly as a side dish but also as a condiment for first courses or as a base for the preparation of broths and soups.

The foods that belong to this category differ from one another because they derive from different parts of the plant; the table below gives a brief classification of the main types:

from the fruit	Cucumber, Aubergine, Green and red peppers, Tomato
from the flower or inflorescence	Broccoli, Artichoke, Cauliflower
from the leaf	Chard, Cabbage, Chicory, Lettuce, Spinach
from the stalk	Asparagus, Fennel, Celery
from the root	Beetroot, Carrot, Turnip, Radish, Celeriac
from the bulb	Garlic, Onion, Leek, Shallot
from the tuber	Sweet potato, Potato
from the seed	Chickpea, Kidney bean, Broad bean, Lentil, Pea, Soya bean

Availability

The fresh product, to be thus defined, should be purchased and eaten within 24-36 hours from the time it has been harvested, after this period the vitamin patrimony of the vegetable will deteriorate.

Freezing limits this deterioration in that the food is first parboiled which blocks the metabolic activity of the vegetables. Any suspicions regarding frozen foods are therefore groundless, providing that this process is carried out in hygienic conditions.

Freezing, moreover, like market gardening and foreign importations, allows us to have certain vegetables also in "out of season" periods, obviously with an increase to the costs.

Choice and Preservations

At the moment of purchase it is always best to check that the product has no withered or damaged parts, dark marks or brownish areas.

Due to their high water content, vegetables are easily perishable, therefore, with a few exceptions, they can be preserved for a fairly limited period which varies from species to species. They are generally preserved in the special compartment of the refrigerator, if possible wrapped in plastic bags, with the exception of potatoes which should be stored in a dark, cool, dry place that is well ventilated.

Preparation

Before being consumed, the vegetables must be carefully washed in order to remove various types of residues and any possible pathogenic germs, and any waste must be discarded.

Some vegetables are eaten raw while others need cooking to render them edible.

The raw vegetables, after having been cleaned, should be cut up according to one's taste and consumed together with part of the assigned condiment.

When cooking the vegetables you must bear in mind that cooking them for too long a period will change the nutritional properties of the food. Depending on the type of vegetable, you can choose to boil it, grill it, roast it or cook it in a frying pan but avoid deep-frying it; if you choose to cook it in water, you mustn't use an excessive amount of the latter.

Part of the assigned condiment can be used during the preparation or added at the end.

We recommend that you vary the consumption of vegetables as much as possible, choosing from time to time from the ones allowed.

FRUIT

The foods included in this category are a source of simple sugars and water, but also supply vitamins and mineral salts. There are different classifications of fruit, according to the botanic family, the type or the size of the fruit. The division illustrated in the table below is the one most commonly used:

FRESH FRUIT	This is particularly rich in simple sugars and water but poor in proteins and fats. It is a source of fibre, vitamins and mineral salts. There is a generous distribution of different exotic fruits on the market today that are easily found fresh in the shops, thanks to the progress that has been made in the processing techniques, preservation and shipping.
DRIED FRUIT	This groups together both shelled and oily fruits as well as fleshy ones that undergo an industrial drying process. These foods are particularly rich in fats and poor in water, and are available in the shops all year round, thanks to their lengthy preservation.
FRUIT IN SYRUP	This refers to fruit that is cleaned and stripped of waste, cut up, immersed in syrup and preserved in airtight jars or tins. The nutritional supplies of the product preserved in this manner are obviously different to those of fresh fruit, above all when sweeteners are added to the liquid.

Availability, preservation and consumption

Nowadays, thanks to the development in transport methods, production technology and preservation, many types of fruit are available all year round, obviously at greater costs.

At the moment of purchase, we advise you to always choose ripe fruit which guarantees the best organoleptic and nutritional qualities, but make sure the fruit shows no signs of bruising and has no marks or blackened parts.

Fresh fruit should be preserved at room temperature for a limited time, if you wish it can be preserved for a longer period in the refrigerator.

Before eating the fruit it must be carefully washed in order to eliminate any type of residue and the waste must be discarded. It should be eaten daily according to the quantities indicated, taking care to vary the choice according to the types allowed.

Dried fruit is the preserved fruit that can be stored for very long periods if kept in a cool environment; with regard to pre-packed products you must respect the "best before" date indicated on the packet.

Organic farming

In recent years products deriving from organic farming have come on to the market: these are types of crops that are cultivated utilizing organic fertilizers and minerals, plant health products of natural origin, which prohibit the use of transgenic vegetable or animal species.

This kind of farming is subject to the laws (CE2092/1991) and controls.

The fruit that derives from organic farming is easily found in the shops but is more expensive to buy.

BREAD

Bread is an energy food, essential for a complete balanced diet, that is sometimes replaced by oven baked or industrial products (crackers, bread sticks, rice rusks...) which have very different nutritional and organoleptic characteristics. Bread can be divided into two categories according to the type of ingredients used in the bread making process: the common bread, produced from wheat flour, water, yeast and possible salt; the special bread where other ingredients or alternative flours are included in the dough.

The main types of bread with their respective characteristics are indicated in the following table:

COMMON BREAD

White bread	This is obtained from a dough composed of flour, water, yeast and salt; it is available in the shops in various forms. If it is good quality the bread will have a pleasant fragrance and a homogeneous crust that is not brittle. The crumb must show a uniform porosity and elasticity with no hollow areas.
Wholemeal bread	This is prepared by kneading wholemeal flour, water and yeast (salt). It has a homogeneous burnt-brown coloured crust and should not be confused with the white bread that has an addition of bran and is distinguished by small marks on the crust and different characteristics to those of the wholemeal bread.

SPECIAL BREAD

Sandwich loaf	This is prepared with superfine wheat flour, butter, milk and yeast and is baked in loaf tins that give it its characteristic shape; it can be purchased in the shops already cut or with the slices whole and sometimes with the outer crust removed.
Gluten-free bread	This is bread lacking gluten and is available in the shops with different brand names and in various forms (slices, rolls, rose-shaped rolls).
Bread with oil	This is prepared with flour and oil is added to the dough which gives it its characteristic fragrance. Bread with oil has a thin, shiny golden crust, a white crumb and a uniform porosity.
Protein-reduced bread	This is bread with a reduced protein content (<1g) that is available in the shops with various brand names and in different forms (slices, rolls, rose-shaped rolls).
Kamut bread	This is prepared from a dough made of kamut flour, water and yeast. It has a golden outer crust and a slight nutty fragrance.
Soya bread	This is prepared from a dough made of soya flour, wheat meal, water and yeast; it is easily found in the shops.
Wholemeal bread with cereals	This is made from wholemeal rye flour, yeast, water and cereals such as oats, barley and sesame. It has a light, brownish crust and should not be confused with the bread made from white flour and added bran. Wholemeal bread with cereals is easily found in the shops also pre-packed.
Wholemeal rye bread	This is prepared with wholemeal rye flour, water and yeast with the addition of rye grains and sunflower seeds; it has a brown crust and should not be confused with the bread made from white flour with added bran. Wholemeal rye bread is found in the shops also prepackaged.
Unleavened bread	This is obtained from a dough made of wheat meal and water, which undergoes a natural leavening. This type of bread is easily found in the shops both fresh as well as pre-packed.

Anderson Susan

Bread should be stored at room temperature, in a ventilated container, preferably made of wood, wrapped in its original wrapping or packet in which it was purchased, or in a cloth. If you buy the fresh product, it should be eaten within two days, otherwise it can be kept in the freezer; in the latter case, before eating it you should heat the bread in the oven for a few minutes. Avoid keeping the bread in the refrigerator where it will become stale more quickly. With regard to its consumption refer to the type of bread indicated and to the quantity assigned; if you wish, the bread can be toasted.

CONDIMENTS

MAIN CONDIMENTS

These are the oils and fats for flavouring the food. They include a group of foods that are very different from each other, not only in cost, but also in the cholesterol content and the chemical characteristics that render them more or less suitable for cooking.

The table below classifies the various types of oil, indicating their characteristics:

TYPE	DESCRIPTION	RESISTANCE TO HEAT, UTILIZATION
Peanut oil	This is obtained, by pressing or by extraction with solvents, from the peanut seeds. It undergoes chemical treatments to reduce the degree of acidity, to decolorize it and to deodorize it.	Among the various types of seed oils it is the most important and the most resistant to high temperatures, it is the most suitable to use during the cooking foods.
Sunflower seed oil	This is obtained, by pressure or by extraction with solvents, from the sunflower seeds. It undergoes chemical treatments to reduce the degree of acidity, to decolorize it and to deodorize it.	The sunflower seed oil has a fair resistance to heat and to oxidation, therefore, it can be used for the cooking of the foods but it is better used raw.
Linseed oil	This is obtained from the cold pressing of the linseed and is characterized by a particular delicately bitterish nutty flavour.	This type of oil should be used as a raw condiment, in that the high temperatures reached during cooking cause certain changes in its chemical structure and consequently in its nutritional properties.
Corn oil	This is an oil obtained by pressing or by extraction from the germs of the corn. It undergoes chemical treatments to reduce the degree of acidity, to decolorize it and to deodorize it	It should be used mainly as a raw condiment because the high temperatures reached during cooking modify its chemical structure and consequently its nutritional properties.
Rice oil	This is a type of oil obtained by the cold pressing of the rice bran. It undergoes chemical treatments to reduce the degree of acidity.	It can be used for cooking the foods included in the diet, however we recommend it mainly being used as a raw condiment.
Sesame oil	This is obtained by the pressing of the sesame seeds and is characterized by a particular hazelnut flavour.	We suggest that the sesame oil is used mainly as a raw condiment in that the high temperatures reached during cooking cause certain changes in its chemical structure and consequently in its nutritional properties.
MCT oil	This is a type of oil that is extracted from the coconut and undergoes chemical treatments. At the moment of purchase you should check that the product is composed for the greater part of fatty acids of the type C-8 and C-10.	We suggest that the MCT oil is used mainly as a raw condiment in that the high temperatures reached during cooking cause certain changes in its chemical structure and consequently in its nutritional properties.

TYPE	DESCRIPTION	RESISTANCE TO HEAT, UTILIZATION
Olive oil	There are various types of olive oil on the market, classified according to the production process, the grade of acidity, the pureness and the zone of origin. The best quality ones are those that are named "virgin", or better still "extra virgin", which indicates oil obtained from the pressing of the olives, without chemical manipulation or adulteration due to the addition of inferior oils.	Although having a good resistance to high temperatures, the oil during cooking undergoes modifications to its chemical structure; nevertheless it can be used for cooking, however, to exploit its nutritional properties it is better to use it raw.
Soya oil	This is a type of oil obtained, by pressing or by extraction, from the seeds of the yellow soya plant. It undergoes chemical treatments to decolorize it and to deodorize it.	It should be mainly used as a raw condiment, in that the high temperatures reached during cooking cause certain changes in its chemical structure and consequently in its nutritional properties.
Grape-seed oil	This is a type of oil obtained from the grape-seed and it undergoes chemical treatments to decolorize it and to deodorize it.	Grape-seed oil should be mainly used as a raw condiment. If necessary it can be used also for cooking the food.

Choice and preservation

Also the various types of butter (cow's milk, peanut, goat's milk...) and margarines are included in the main condiments: butter is an energy food that has a high content of cholesterol and saturated fats, therefore it is not very suitable for cooking the foods; margarine has a similar amount of calories to butter but it has a reduced content of vitamins and essential fatty acids.

Use the type of condiment assigned, in the quantities indicated, dividing the consumption between the various meals of the day; even if some types of condiment are resistant to high temperatures, it is preferable, in most cases, to use them raw.

Oil is available in the shops in glass bottles, in tins and in containers that are not transparent to the light; choose the type you prefer and in order to maintain its organoleptic properties, store it at room temperature, away from the light, in closed containers or bottles with a narrow neck so that there is less surface exposed to the air.

SECONDARY CONDIMENTS

Spices and herbs are different because the first derive from the roots, bark, fruit or berries of perennial plants, while the latter derive from the stigmas, flowers, roots or even from the seeds of different plants. The fragrance that these condiments give off derives from the essential oils that they contain and liberate when they are cut, chopped or minced. Herbs are available in the shops both fresh as well as frozen. In the first case, they have limited preservation times, in the latter they can be preserved for a much longer period and so maintain their organoleptic properties; spices are easily found pre-packed and have a very long shelf life.

Herbs and spices can be used, in moderate quantities and according to one's taste, during the preparation of the foods assigned, in order to enhance the flavour and the desirability.

SALT

Salt, if desired, can be added during the preparation of the food, however the amount used must be the minimum quantity sufficient to satisfy the taste buds.

DRINKS

This is a group that includes products that are very different from each other, both from a point of view regarding energy supplies as well as that regarding the organoleptic qualities.

The table below furnishes a brief classification of the main types of drinks that include those, like water, tea and coffee, which in general are drunk on a daily basis, as well as those that, instead, represent extras:

<p>MINERAL WATER</p>	<p>The various types are classified according to the salt content ("fixed residue") in: "Low in mineral content water", with a fixed residue < 200 mg/l; "Medium mineral content water", con a fixed residue of between 200 and 1000 mg/l; "Mineral water" with a fixed residue > 1000 mg/l.</p> <p>They are also classified in "Natural" (not sparkling), "Natural sparkling" and "Sparkling" with the addition of carbon dioxide.</p> <p>We recommend drinking spring water or still natural water every day, preferably at room temperature and in quantities of at least one litre a day; you can drink during meals but not in excess, so as not to over-dilute the gastric juices which are essential for an effective digestive process.</p>
<p>ALCOHOLIC DRINKS</p>	<p>These are obtained by the fermentation of liquids containing sugars and are distinguished according to the nature of the base product and the alcoholic content; the "alcohol proof" is expressed in the quantity of ethyl alcohol contained in 100 parts of drink (% vol.).</p> <p>These are foods that are high in calories but do not supply nutrients.</p> <p>Bear in mind, also, that alcohol, being a vasodilator, causes a decrease in the body temperature.</p>
<p>SOFT DRINKS</p>	<p>This is a heterogeneous group that includes fruit based drinks, sweetened drinks, soft drinks (bitters, orangeade, coca-cola, lemonade...).</p> <p>These are foods that are high in calories due to the sugars but they have no appreciable nutritional value.</p>
<p>NERVE-STIMULATING DRINKS</p>	<p>These are drinks that contain substances that have a stimulating effect on the central nervous system. Coffee and tea are the main exponents of this group and they have no energy value, that is unless sweeteners are added.</p> <p>In the shops it is easy to find drinks that have a reduced caffeine or theine content as well as alternative drinks (barley coffee, cereal coffee...)</p> <p>Bear in mind, that tea, drunk in large quantities and near to meal time, can inhibit the body's absorption of iron.</p>
<p>HERB TEAS AND INFUSIONS</p>	<p>These are drinks obtained from the infusion of herbs, roots or flowers in hot water for about 10 minutes which are then filtered. There are various types available on the market and they can be purchased in several forms: flowers, in filter-bags and water-soluble.</p>

With regard to the drinks, keep to the ones that have been assigned, respecting the quantities recommended.

In the event that you find yourself drinking any type of drink other than the ones included in your diet, give preference to one that is calorie free (see table: nerve stimulating drinks, herb teas and infusions), without adding sugar.

SWEETS

The word "Sweet" by definition stands for one of the four basic tastes, but in common and traditional use, on the other hand, it also indicates a "break" or the final course of a meal (dessert).

This is a category that includes foods that are very different from each other, above all from a nutritional point of view, however they all represent an excess of carbohydrates and fats.

In general it is best to avoid sweets, however in the event that you find yourself about to eat them, choose the ones with a reduced energy supply.

The table below has been realized to show a classification of the various sweets and provide indications regarding their calories:

OVEN-BAKED PRODUCTS	
<ul style="list-style-type: none"> - With natural leavening - With chemical leavening - Flaky pastry with industrial leavening - Filled 	<p>The nutritional value of these foods varies according to the ingredients used, in general, those that are not filled with cream, dried fruit etc., have fewer calories to those that are.</p>
CONFECTIONERY PRODUCTS	
<ul style="list-style-type: none"> - Plain - Filled 	<p>This is a very heterogeneous group; the number of calories increases in the filled products that are also characterized by a lesser digestibility.</p>
SUGAR BASED PRODUCTS	
<ul style="list-style-type: none"> - Sweets - Sugared almonds - Gummy products 	<p>The calories in this group are supplied mainly by the sugars and, in the case of filled products, also by the addition of butter, milk, dried fruit etc.</p>
COCOA BASED PRODUCTS	
<ul style="list-style-type: none"> - Chocolate - Chocolates - Creams 	<p>These are extremely high energy foods, their calories vary according to the percentage of cocoa butter utilized and according to other ingredients that may possibly be added.</p>
ICE-CREAMS	
<ul style="list-style-type: none"> - Ice-creams - Ice lollies - Water ices 	<p>On the whole this group includes foods that supply less energy than the ones mentioned in the previous group. With regard to ice-cream, fruit ice-creams are definitely lighter than cream ones, of whose production includes other ingredients. Ice lollies and water ices are made mainly of water, the fruit flavoured ones have a greater sugar content than coffee or mint flavoured ones. The calories in these products varies also depending on the addition of sweeteners.</p>

Below is a collection of some recipes of sweets that can be prepared at home and, as well as being enjoyable, they are among the lightest and most digestible in that they guarantee a good balance between the various nutrients.

JAM TART (recipe for 8 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Flour g 300 - Sugar g 80 - Egg yolks 2 - Lemon 1 - Olive oil 1/2 glass - Jam Quantity necessary - Salt 	<p>Pour the flour on to a worktop and put the sugar, oil, egg yolks, the grated peel of a lemon and a pinch of salt in the middle. Quickly mix the ingredients together until you obtain a homogeneous dough. Wrap the dough in a sheet of greaseproof paper and leave to rest in the warmest part of the refrigerator. Cut out of the dough a part for the decoration, roll the rest out and lay it over the base of a baking tin that has been lined with greaseproof paper, spread the jam over the pastry base and place the decorations on top. Bake the tart in a preheated oven at a medium temperature for about 40 minutes. Serve cold.</p>

RICOTTA TART (recipe for 6 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Flour g 180 - Ricotta g 180 - Sugar g 80 - Egg 1 - Lemon 1 - Baking powder 1 tablespoon - Olive oil 4 tablespoons - Salt 	<p>Mix together the flour, baking powder, oil, the grated peel of half a lemon, a pinch of salt and enough water to obtain a dough with an elastic consistency. Roll out the dough, fold it into 4 parts and leave it to rest for about 10 minutes; repeat this process 3 times. In the meantime mix the ricotta with the egg, sugar and remaining grated lemon peel. Use a part of the dough for the preparation of the pastry strips for the top of the tart; roll out the dough and lay it on the base of a (about 20 cm diameter) baking tin that has previously been lined with greaseproof paper, pour the ricotta mixture over the pastry base and cover with the pastry strips. Bake in a preheated oven at a temperature of 180 °C for about 30 minutes. Serve cold.</p>

APPLE SPONGE CAKE (recipe for 8 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Apples g 800 - Flour g 250 - Sugar g 100 - Eggs 2 - Lemon 1 - Baking powder 1/2 sachet - Skimmed milk 1 glass 	<p>Discard the peel, cut the apples into slices and place in a dish with the juice of the lemon. Beat the egg together with the sugar, add the flour, milk, the grated peel of the lemon, the baking powder and mix well. Pour the mixture into a baking tin that has previously been lined with greaseproof paper, alternating it with the apples. Bake in a preheated oven at a temperature of 180 °C for about 30-45 minutes. Serve cold.</p>

LEMON MOUSSE (recipe for 8 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Potato flour 4 tablespoons - Sugar 10 tablespoons - Eggs 4 - Lemons 16 	<p>Beat the egg yolks together with the sugar and add the sifted flour a little at a time. Squeeze the lemons and heat the juice on a low light, add the yolk mixture and continue to cook, mixing continuously without bringing the cream to boil, for 10 minutes. Turn out the light and leave the cream to cool. Beat the egg whites until they are stiff and add the lemon cream. Pour the mousse into moulds and place in a refrigerator for at least one hour. Just before serving, decorate the mousse with strips of lemon peel.</p>

LEMON SORBET WITH YOGHURT AND FRUIT (recipe for 6 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Mixed fruit g 800 - Fruit/plain ice-cream g 400 - Sugar g 100 - Lemon 1 	Place 3 dl of water together with the sugar in a pan and bring to boil, then leave the syrup to cool. Squeeze the lemon and add the juice to the syrup also adding the yoghurt and carefully mix with a wooden spoon. Pour the mixture into an ice-cream machine and after processing, fill ice-cream dishes with the sorbet and decorate with fruit of the season cut up into pieces and add some mint leaves.

FRUIT SALAD WITH ICE-CREAM (recipe for 8 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Mixed fruit g 800 - Fruit/plain ice-cream g 400 - Sugar g 100 - Lemon 1 	Carefully wash the fruit, eliminating any peel and cutting it to pieces; pour the juice of the lemon and the sugar onto the fruit and carefully mix. Divide the fruit salad into 8 fruit salad bowls and place the ice-cream on top.

GREEN TEA WATER ICE (recipe for 6 people)	
Ingredients	Preparation
<ul style="list-style-type: none"> - Sugar g 125 - Lemon 1 - Vanilla 1 sachet - Green tea in leaves 1 tablespoon 	Prepare the tea, leaving it to infuse for 2-3 minutes in hot water that isn't boiling as very high temperatures alter its oranoleptic characteristics. In the meantime, pour ¼ litre of water with the sugar and the grated peel of the lemon into a pan and bring to boil for 5-6 minutes, mixing the liquid. Add the tea, the juice of the lemon, the vanilla and leave to cool. Pour the mixture into an ice-cream machine and process it until the water ice is ready. Once the preparation is complete, divide the water ice into 6 ice-cream dishes and serve.

SWEETENERS

Sweeteners are divided into two categories, "Natural" and "Synthetic", according to their origin. The following table illustrates the main types of products used for sweetening with their respective characteristics and practical advice regarding their preservation:

NATURAL	
Fructose	This is the fruit sugar and it is extracted by means of a very expensive process. Fructose can also be extracted industrially from corn by a chemical and enzymatic process. It has a good sweetening capacity and is easily found in the shops. Fructose is soluble, it has a good stability with regard to heat, moreover it can be used in the preparation of food subjected to cooking.
Honey	This is a food with a high nutritional value and sweetening capacity; there are numerous varieties available on the market, that differ according to the methods of extraction and the characteristics of the flowers from which they derive (acacia, linden, thyme, chestnut...), the colour, flavour and the consistency of the product. there are, moreover, two kinds of honey: - "pasteurised honey" which undergoes a thermal treatment that favours its preservation in the liquid state, but partially alters its nutritional characteristics; - "unrefined virgin honey", which doesn't undergo any chemical-physical treatments and is therefore preferable. At the moment of purchase, the honey must have a homogeneous aspect without any whitish streaks and it should not be separated according to phases. It should be stored in a dry, cool place, away from the light and consumed before the "best before" date indicated on the jar, so that the product doesn't undergo any changes in its colour, acidity and fragrance.
Sugar	We refer to the refined, white sugar obtained from the processing of sugar cane or sugar beet. Several types are available on the market: "caster sugar", "crystallized", "icing sugar", "sugar cubes" "granulated". Caster sugar is the type preferred, which is easily soluble and should be stored in a cool place that isn't damp, so that it doesn't lose any of its organoleptic characteristics.
Brown cane sugar	This is an unrefined sugar deriving from sugar cane, that is found in a deep, brown crystal form and is characterized by a particular aftertaste. It should be stored in a cool place that isn't damp, so that it doesn't lose any of its organoleptic characteristics.
ARTIFICIAL	
Aspartame	This is an odourless sweetener, which is easily soluble and is available in the shops in handy dispensers that are practical and hygienic and supply one tablet at a time. Aspartame has a high sweetening capacity but a poor stability as regard to heat, therefore, it is better to avoid using it in the preparation of food that undergoes cooking. The consumption of aspartame should be limited to 8 tablets a day.
Saccharin	This is artificially produced by a chemical reaction, it is easily soluble and available in the shops in practical, hygienic dispensers that supply one tablet at a time. Saccharin has a very high sweetening capacity and a good stability with regard to heat, therefore it can also be used in the preparation of food that undergoes cooking. The consumption of saccharin should be limited to no more that 5 tablets a day.

With regard to sweeteners, you should stick to the ones that are possibly prescribed in the diet and to the quantities indicated.

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